



The Martha Messenger

Community Newsletter of the Martha T.Berry MCF

February, 2009

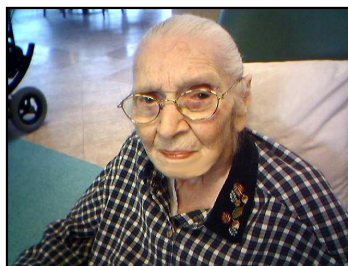
Volume 3

February Brings Us Many Events And Holidays



Martha T.Berry Residents Share Their Memories and Thoughts

Sarah Boothe, who recently became a resident at Martha T.Berry, now holds the title of our oldest resident. At 105 years of age, she is a charming conversationalist and is happy to share experiences with her visitors. Sarah was born in Web City, Missouri and spent her childhood there. Her father had a small farm on which he raised cows, chickens, and geese. She attended a small schoolhouse "at the top of the hill and across the crick" and remembers jumping up and down at the farm gate waiting for her father to come home from the mine where he did extra work to support his family. Sarah married John Boothe and they moved to Michigan because of his job at GM. She attended business college and worked for an attorney. Her son John Jr. worked for the state and her daughter Martha Ann is a nurse. She has grandchildren and great grandchildren but "hasn't stopped to



Sarah Boothe is now our oldest resident at Martha T. Berry MCF.

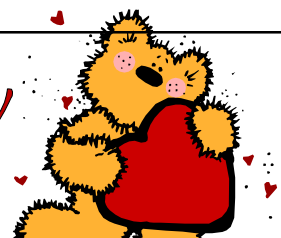
count the number." Sarah reads every chance she gets and enjoys a little TV now and then. She claims to like the ordinary things that everyone else enjoys and especially likes company. Be sure to stop and chat when you see her in the hall. It will be a delightful experience.



Larry Dickman played lead rhythm and base guitar until his 20's.

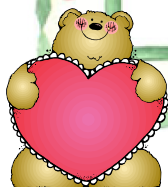
Larry Dickman was born in Mt.Clemens, MI and attended the Lanse Cruise schools. As a youngster, he enjoyed horse racing and showing horses. In addition to his pet dogs, he had a favorite horse named Zacharia. Larry states that his favorite dog, Lucky, wasn't so lucky after all since he was accidentally shot by someone in a hunting accident. He enjoyed running track in high school. Construction, both residential and commercial, was Larry's line of work. Larry recalls his dad's work as a Roseville fire fighter with pride and his mother's homemaking skill with love. His mom and dad moved to Florida for a while why Larry was in his 20's along with Larry and it was there he became ill. He loves TV now but is willing to shut it off and to spend time chatting with you if you stop in for a visit with him.

A Happy February Birthday To Our Residents



Etta Norrod, Feb.1	Marguerite Walters, Feb.2
Gertrude Nobis, Feb.8	Marilyn Rosinski, Feb.8
Jeanette Stempien, Feb.14	Larry Dickman, Feb.14
Anna Fedorkiw, Feb.20	Mary Samuels, Feb.21
James Glover, Feb.21	Mary Jean Daugherty, Feb.23
Kenneth Lenghart, Feb.24	Charles Gray, Feb.28

Michael Fante, Feb.29



Events

2/1/09 Knights of Columbus Rosary	2PM
2/3/09 Resident Council	2PM
2/4/09 Birthday Bingo	2:30PM
2/5/09 Food Committee	2PM
2/10/09 Tony the Accordion Player and BanjoDan	7PM
2/11/09 Valentine Party	2:30PM
2/12/09 Good Neighbor Bingo	7PM
2/17/09 Elvis Show with Jack Dalton	2:30PM
2/18/09 Meet the Candidates	2:30PM
2/20/09 Resident Council Election Day	All Day
2/21/09 Lioness Bingo	10:15AM
2/24/09 Mardi Gras Party	2:30/PM
2/25/09 Cootie Bingo	7:30PM





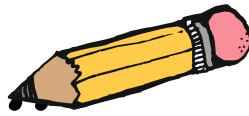
Residents' Corner



Minutes of the Resident Council Meeting
by Laurie Richards

Resident Council was held on Tuesday, January 6, 2009. The Council discussed plans for upcoming out-trips, event ideas, dining concerns, and clothing protectors. At the end of the meeting, the Council discussed the Resident Council presidency. In February, the council will hold an election for the Resident Council President and Vice-President Candidates. Nominations were made at the meeting for the President and Vice-President Candidates. The Council will allow other nominations at the next council meeting. Residents nominated for President include John Macauley, Jennifer Kruger, Rebecca Foskett, Jim Glover, and Henry Chauvin. Vice President nominees are Christine Ryska and Roben Hofer.

Cyndi Says.....



The Future Has Arrived



On Thursday, January 22, 2009, the Joint Operating Agreement was approved by the Macomb County Board of Commissioners by a margin of 19-6. For the first time in many months, we can remain confident about the future of Martha T.Berry Medical Care Facility, knowing that we will remain open for business as usual. We still face a number of challenges and need to reverse the negative publicity that the media has presented to the public, namely that we are not closing or being sold. Word must reach the hospitals and doctors and inform them that we are an excellent place for their referrals, that we can provide excellent long term care and that we can provide short term rehab care as well.

Thank you to all the employees who continued to provide outstanding service and care to our residents even though the dark cloud of uncertainty was looming in the background. Thank you to our residents and their families for remaining confident and supportive during these worrisome times. Thank you to all those who remained confident that Martha T.Berry would survive and that we will continue to carry on our tradition of excellent care. Macomb County, here we are, better than before and ready for a new beginning.

A Warm Welcome



To Our New Residents

December Admissions

Kenneth Holyfield Sarah Boothe
Concetta Ventimiglia

January Admissions

Paulene Catanese Virginia Jamison
Roger Kukuk Catherine Fisher
Maryanna Kuberski Donald Lee

In Loving Memory

December, 2008

Thoma Bahri Christopher McCoy Wukford Paye

Agnes Hutchinson Jane Kirk

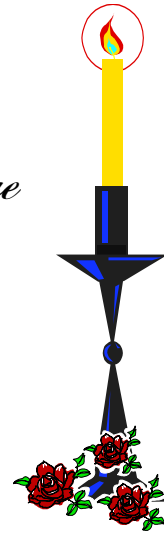
Jim Kin Young Audrey Richardson

January, 2009

Nancy Killmar June Williams Ralph Seiloff

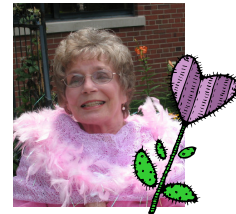
Jeannette Nahas Ramona Spear

Sincere Sympathy Is Extended to Family and Friends



February Thoughts

*from Lenore Plawchan,
Resident Poet*



February 1st...Is Super Bowl Sunday-the best game of the season.

There will be parties and cheering, and people will be glued to their televisions.

February 2nd...Is Groundhog Day- Bill Murray's movie comes to mind.

Six more weeks of winter is very unkind.

February 14th...Is our Favorite Day-Happy Valentine's Day!

Shops are busy with patrons buying gifts to celebrate their special day.

February 16th...Today is President's Day. We celebrate Washington and Lincoln's birthday.

There will be many offices closed in honor of their day.

February is National Heart Month and Black History Month too.

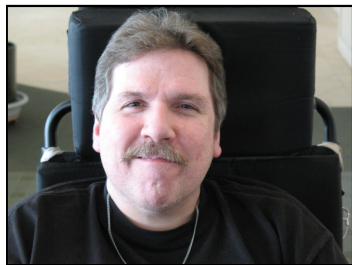
There will be lots of activities planned for these events-

ALL JUST FOR YOU

Meet the Candidates

This is an exciting election year with five people running for the position of President of the Resident Council. Each candidate was interviewed and asked to state why he/she deserved to serve in that capacity. Here, in alphabetical order, are their comments for your consideration. Be sure to vote for the candiated of your choice on 2/20/09.

I want to help people live



Henry Chauvin

better. I've been here for 10 years and know a lot of people around here. I can get around very well and can reach people and talk with them. I am able to think and speak well and to reach others. Mostly, I just want to help.



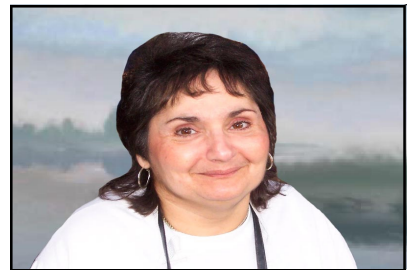
Rebecca Foskett

As president of the Resident Council, I showed that I was able to take care of the concerns of anyone who came to me. I love helping people and enjoy representing them. I am fun loving, have a good sense of humor, and like talking with people. I get along very well with other people



Jim Glover

I want to be president so that all the people can be heard. I try to be compassionate and when someone needs something, I try to help them. Let me be your voice.



Jennifer Kruger

I feel I am a good advocate for the residents. I have excellent language skills which I will use to represent all the residents and to voice their concerns. I know many people and know how to get about to get things done. I know how to solve problems and know who to ask when help is needed.



John McCauley

I have the experience. I've been president of the Chamber of Commerce in Northville and the American Legion Post in Detroit. I have 4 brothers and a sister and know how to get along with others. I am a happy person and want to help others. I have been here for 7 1/2 years and know everyone.

Providing For Our Residents' Needs

Last month, the Martha Messenger featured the Dietary Department and how it provides for the needs of the residents. This month, we consider a department that meets their needs in many different areas...emotional, physical, and social. Social workers are the new resident's first contacts as they enter the facility. Imagine never being in a nursing care situation and for the first time becoming dependant on others, having others take charge and having to let go of what has been familiar. Social workers step in and provide help when life as it is known comes to a halt. They provide, for residents as well as their families, resources and support services. Services may be as simple as making sure clothing is marked or as complex as finding mental health services when dealing with loss. During their stay at MTB, residents meet with their social workers, as required by their specific needs. In short, our Social Work Department deals with the admission of residents, the resolution of resident and family concerns and, for short term rehab residents, their discharge planning. They are the liaison between the medical team and the residents and their families.

At MTB, Debbie Weishaar, Department Manager, does initial interviews and manages admissions in the Social Work Department. She has been at MTB for almost 20 years.

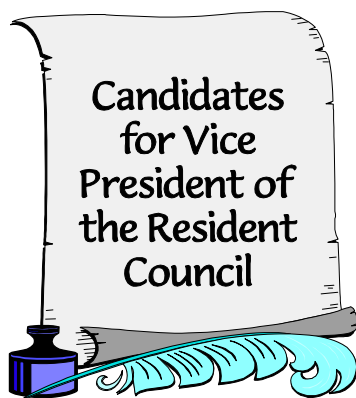
Jean McDonald and Karen Robtoy are involved in all other areas of need. Jean has been here for 11 years and Karen for 13. They have shared an office for 10 years. Our social workers state that they find their work rewarding and satisfying and are pleased to help people at a difficult time.



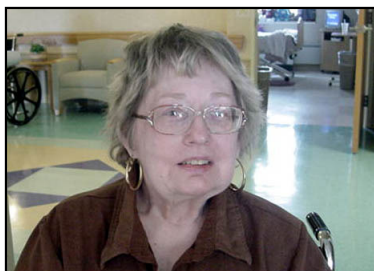
Debbie Weishaar



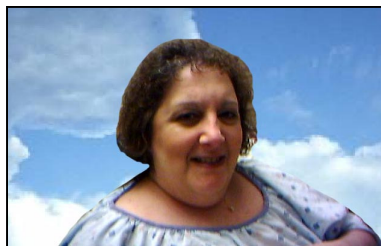
Jean McDonald and Karen Robtoy



The candidates present their qualifications for the position of vice-president. Remember to vote for your choice on January 20th.



Christine Ryska



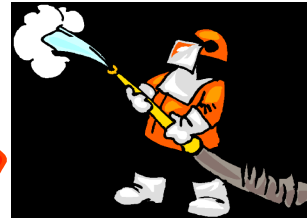
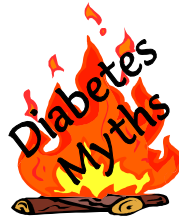
Robin Hofer

I have been Vice-President for 5 years now and have served as President on a temporary basis. I pay attention to detail. My experience as an accountant has prepared me and helps me to work with other people. I really care about others and want to help them.

I am a new resident here and want to help. I have never done anything like running for an office in my life and thought I would give it a try. I am friendly, honest, intelligent, cheerful and helpful. I want to help others.

Start The Year With.....

Some Hot Health Tips from Sharon Grech



Myth #1 You can catch diabetes from someone else. No. Although we don't know exactly some people develop diabetes, we know diabetes is not contagious. It can't be caught like a cold or flu. There seems to be some genetic link in diabetes, particularly type 2 diabetes. Lifestyle factors also play a part.

Myth #2 People with diabetes can't eat sweets or chocolate. If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes, than they are to people without diabetes.

Myth #3 Eating too much sugar causes diabetes. No. Diabetes is caused by a combination of genetic and lifestyle factors. However, being overweight does increase your risk for developing type 2 diabetes. If you have a history of diabetes in your family, eating a healthy meal plan and regular exercise are recommended to manage your weight. A healthy meal plan for people with diabetes is the same as that for everyone; low in fat (especially saturated and trans fat), moderate in salt and sugar, with meals based on...(continued in Myth 4)

Myth #4 People with diabetes should eat special diabetic food. whole grain foods, vegetables and fruit. Diabetic and "dietetic" versions of sugar-containing foods offer no special benefit. They still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

Myth #5 If you have diabetes, you should eat only small amounts of starchy foods such as bread, potatoes and pasta. Starchy foods are part of a healthy meal plan. What is important is the portion size. Whole grain breads, cereals, pasta, rice, and starchy vegetables such as potatoes, yams, peas, and corn can be included in your meals and snacks. The key is portions. For most people with diabetes, having 3-4 servings of carbohydrate containing foods is about right. Whole grain starchy foods are also a good source of fiber, which helps keep your gut healthy.

There are 5 more diabetes myths to consider. Look for them in the March issue of the Martha Messenger.



I NEED YOUR HELP

HELLO, MY NAME IS TROOPER!

My Doctor says some people love me too much. You see, the thing I love best (next to my people of course) is FOOD. It doesn't matter what kind. Any food will do. I am now about 40 pounds overweight. This makes it difficult for me to move. Breathing can even be hard at times. And I am developing digestive problems.

PLEASE, if you like me even a little, DO NOT FEED ME!!! People food is very bad for me. I have no self control. My will power is weak. I need you, my people, to HELP ME. Don't give me food no matter how I may beg!!!

Thank you for your help. I knew I could count on you!

Love, Trooper





Hats Off to Our Employees of the Month

Every month the residents of MTB select two employees for their outstanding service. Here are their comments about the individuals they have selected for February...



Julius Roper is willing to help, anywhere, anytime.

Julius Roper is a very good guy. He is willing to help with anything at any time. He is always available. He's always friendly and smiling. Julius is a happy person, a real star. He's good with work and good with people. A wonderful helper.

Brandy James is a delightful person. She is very friendly and helpful. She treats us well. She treats us with respect. Brandy is an all around good person. What a gal! Congratulations Julius and Brandy!



Brandy James is an all around good person.

Pleased to Meet You



Debbie Fortune



Loretta Urbanski



Mary Trewyn

Meet Debbie Fortune and Loretta Urbanski who have been placed at MTB through the Michigan Works Program. Loretta will be greeting arrivals at the front desk. Debbie, through the Michigan Works Community Service Program will volunteer her time to keep the switchboard staffed from 9 to 3, Monday through Friday. In addition, Debbie will provide technical support at the resident computers located in the alcoves.

Mary Trewyn has joined MTB as a volunteer. Mary lives in Clinton Township. Volunteering is not new to her since she also volunteers at her church. She loves dogs and has two beautiful Shelties, Nain and Pepper. Mary's main focus will be the Aviaries.

Fundraisers this Month

Champagne Chocolate	2/4/09	
Dollar Store	2/10/09	2PM
Paczki Day Sale	2/24/09	starts 9AM



The A & R Department needs new bottles of nail polish for the residents' manicure days. Your donations will be greatly appreciated. Please see Laurie Richards for details. Thank you so much.

